

Take a well-being break

# Prevent media overload

Too much media exposure can get overwhelming. Take a step back and look at changes you can make to help your family cope with anxiety about COVID-19.

## Take care of yourself

How you or your loved ones respond to COVID-19 news matters. Here are some tips:



**Learn about the facts.** Look for trusted health care sources for information, such as the [Centers for Disease Control and Prevention \(CDC\)](#) and the [World Health Organization \(WHO\)](#). Follow only one or two for updates. Limit the number of times each week that you check in.



**Disconnect.** Today's news cycle is 24/7, and too much information can add to stress. Unplug and give yourself down time.



**Keep on task.** Try to read or listen to the news when it's not in the way of your daily routine. Skip catching up on the media update right before bed.



**Talk with a trusted peer.** Family members or friends can make you feel less alone in your concerns. Even if you don't see eye-to-eye, listen to what they have to say and why.



**Check in with your loved ones.** Make sure they're coping well with concerns about the virus.



**Help others (from afar).** Call people. Smile and wave from a safe distance. Find ways to help others from home, like teaching someone how to pay their bills online.



## Talking to kids about COVID-19 news

### Take their concerns seriously

Kids are curious by nature, and they may want to talk to you about the things they're hearing. Just talk with them openly and honestly.



**Learn what you can about COVID-19 so you feel comfortable talking about it.** This will help you put it in perspective for them.



**Talk about plans that are in place to help keep everyone safe.** Let them know the steps you are taking as a family to stay healthy, and what experts are doing to help keep everyone safe.



**Be a good role model.** Your children will be watching your reactions. Model good hygiene, reasonable precautions and a calm attitude.



### If you need help

For immediate crisis counseling for emotional distress related to the virus, contact the **SAMHSA Disaster Distress Helpline**, 24/7, at **1-800-985-5990**. Telehealth resources focused on mental health and emotional wellness are available to you online, by phone and through mobile apps. You can also call your company's Employee Assistance Program (EAP) to help with personal or work-related challenges that affect your mental well-being.